



CAREGIVER CONNECTIONS January-February 2023



MGH Dementia Caregiver Support Program Events and Resources

CONVERSATIONS WITH CAREGIVERS- January

Thoughtful and Proactive Care Planning: The Keys to Success

Tuesday, January 17

5:30 - 7:00PM EST

Jennifer Pilcher, Ph.D., CMC



Owner of Clear Guidance

As Life Care Managers, our role is often to help families facing a dementia diagnosis make informed decisions and plan for the future. We help families identify what they should be thinking about, what questions they should be asking, what pieces of information are important for them to have at each stage of the journey. This session will discuss the methodologies and strategies and how families can utilize these techniques for their own care planning. As well, resources for care and when each are appropriate will be presented and

discussed.

Dr. Pilcher was awarded her doctoral degree in Gerontology from the University of Massachusetts in Boston in 2005. Her professional experience has focused primarily on care and housing arrangements for elders with Alzheimer's disease and related dementias, including policy and fundraising work for the Alzheimer's Association of Eastern Massachusetts, the Alzheimer's Association of Utah and the Massachusetts Association of Older Americans. In 2018, Dr. Pilcher founded Clear Guidance in order to return to her passion of working directly with clients and their families. Dr. Pilcher also has served as President of the New England Association of Aging Life Care and the Editor in Chief of the Journal of Aging Life Care.

Thoughtful and Proactive Care Planning: The Keys to Success

LOCATION

Zoom link- <https://partners.zoom.us/j/89052267136>

DATE AND TIME

01/17/23 5:30pm - 01/17/23 7:00pm US/Eastern

This session will discuss the methodologies and strategies and how families can utilize these techniques for their own care planning.

Click here to RSVP



CONVERSATIONS WITH CAREGIVERS- February

After Diagnosis of Dementia-- Then What? Creating a Post-Diagnosis Game Plan

**Tuesday February 21, 2023
5:30 - 7:00PM EST**

**Matthew Russell, MD, MSc
MGH Medical Director- Geriatric Medicine**

Receiving a diagnosis of dementia can be a complex and sometimes unclear journey for patients and caregivers. Extensive testing, visits with specialists, and confusing medical language can be overwhelming. During this session, we will talk briefly about the journey of receiving a diagnosis of dementia and what to think about next after receiving the diagnosis.

We will talk about the kind of health behaviors and planning that can ease the difficulty and uncertainty of a dementia diagnosis. We will also focus on the evolving roles and needs of caregivers of persons with dementia.

Matthew Russell, MD, MSc is the Clinical Director of Geriatric Medicine and Medical Director of the Ambulatory Geriatric Medicine initiatives. Dr. Russell is board certified in Internal Medicine, Geriatric Medicine, and Hospice and Palliative Medicine, and has practiced across the spectrum of healthcare delivery in both fields, including home and office-based practices, and skilled nursing facility and acute hospital care.

After Diagnosis of Demetia

LOCATION

Location Specifics <https://partners.zoom.us/j/82367741184>

DATE AND TIME

02/21/23 5:30pm - 02/21/23 7:00pm US/Eastern

Matt

[Click here to RSVP](#)



Health and Resiliency- January

New Year's Concert: The Art of Resilience

**Tuesday, January 10
5:30PM to 6:30PM EST**

Jason Wang, Violinist

Time and time again, the human brain has proven its incredible capacity for resilience, finding new ways forward even in the face of immense biopsychosocial adversity. In this program, Jason will play music that serves as a testament to this fact – beautiful music that was created even in the face of the most arduous, impossible circumstances!

Jason is a healthcare worker, neuroscience researcher, creative educator, and performing artist who brings people together with conviction, thoughtfulness, and a touch of smile. He received his B.A. in Neuroscience and Behavior from Columbia University and studied violin performance in

the Columbia-Juilliard exchange. He currently works as a medical scribe at Clara Maass Medical Center's Emergency Department.

New Year's Concert

LOCATION

Location Specifics <https://partners.zoom.us/j/82367741184>

DATE AND TIME

01/10/23 5:30pm - 01/10/23 6:30pm US/Eastern

Jason Wang will delight us with his Violin.

[Click here to RSVP](#)



Health and Resiliency- February

Transformative Rest and Meditation

**Tuesday February 7, 2023
5:30-6:30PM EST**

Kristy Harvey

Owner of Wise Owl Wellness

Rest. Something many of us could use more of, especially caregivers. Give yourself one hour to learn a practice that can help you develop skills for deep relaxation and restoration. Join movement educator, Kristy Harvey, as she explains the science behind Yoga Nidra, Sanskrit for “yogic sleep”, a state of being between sleep and consciousness that accesses the body’s parasympathetic nervous system to help us de-stress and get the rest that we so desperately need and then leads us in a session.

A guided meditation practice at its core, Yoga Nidra relaxes the body and mind and allows us to consciously access brainwave states associated with sleep to help us feel refreshed and restored. Practiced completely in a comfortable resting position, Yoga Nidra is accessible to anyone and everyone who wants to feel relaxed and more rested. This results in increased attention span, improved focus and concentration, and all the health benefits associated with a lifestyle with less stress.

Transformative Rest

LOCATION

Location Specifics <https://partners.zoom.us/j/82367741184>

Kristy Harvey

[Click here to RSVP](#)

Fundamental Skills for Dementia Caregivers

Each month we offer this innovative and highly recommended three-part course (plus an additional class for review and discussion) to learn about improved communication, minimizing challenging symptoms, and decisions around safety. Offered by Barbara Moscovitz, LICSW. This class is offered via Zoom and is available upon meeting with Barbara. [Contact the team](#) to learn more.

**January classes are offered: Fridays from 10-11:30am
Jan 6, 13, 20 and 27**

**February classes are offered: Wednesdays from 5:30pm to 7:00pm
Feb 1, 8, 15 and 22**



Caring Corner

**Norie Mozzone,
Certified Ageless Grace Teacher**

"Just had to let you know - we had a rocky start to the day - but the minute my husband heard your voice and music, the morning turned around! Thanks so much for providing this wonderful AG opportunity!" Caregiver

Many of you may recognize Norie as the Dementia Care Collaborative's former Program Coordinator who helped build our Health & Resiliency Program. A few weeks after COVID closed the world, Norie opened up the Zoom room to Ageless Grace, an innovative movement program based on the science of neuroplasticity.

A few weeks ago, Norie completed her first semester at Lesley University where she's pursuing a Master's in Counseling with a focus in Expressive Arts Therapy. Norie's two and a half years with the Collaborative played an integral role in her choice to return to college after 25 years since undergrad.

"There's an incredible need for clinicians who can provide a safe space for people to share their stories and to receive empathetic support, guidance, and rest in a relationship of trust. I look forward to being on the front lines to directly offer counseling in an innovative way using the power of creativity for people to express

themselves in ways that aren't always accessible through traditional cognitive talk therapy.”

Part of this comes from Norie's background as a Certified Ageless Grace Educator, where she gets to meld movement and music to create some magic. Ageless Grace classes bring a sense of community and camaraderie while the exercises physically support joint mobility and flexibility, balance, coordination and strength. Norie's lively spirit and encouraging energy put people at ease. She weaves fun storytelling and creativity into every Ageless Grace class. Her dynamic sharing of each exercise helps stimulate the mind-body link that positively influences mood, increases cognitive function and sparks joy.

When Norie's not teaching Ageless Grace or doing coursework you can find her journaling, dancing with friends, swimming at the pond, reading The Sun magazine, or enjoying a lobster roll after a day at the beach.

Visit our DCC website for the latest information

Support Groups

Support groups provide a welcoming space for people who are having similar experiences. Group members give and receive support, share resources, express feelings of guilt and grief, and often find unexpected moments of lightness and humor.

Barbara Moscovitz offers support groups that meet once a month.

Please [email us](#) to learn how being in this compassionate community can benefit you.



How You Can Support The DCC

The DCC exists at MGH due to the foresight of compassionate donors. They understood the critical need for comprehensive education, psycho-social, and emotional support for those living with dementia and their care-partners.

All DCC programming is largely funded through philanthropy and needs the generosity of donors to continue to exist. Donations of all sizes are welcome!

Please donate what is comfortable for you today. Gifts can be mailed to 125 Nashua Street, Suite 540, Boston, MA 02114. A check is made payable to “Massachusetts General Hospital” with “Dementia Care Collaborative” on the memo line.

Or, better yet, click the [green button](#) below.

You May Be Interested...



"Grandma's Living with Dementia" is a new book from Teepa Snow. This book has a *positive approach to learning about dementia for kids*.

[Grandma's Living With Dementia - Positive Approach to Care - Shop \(teepasnow.com\)](https://teepasnow.com)

Virtual Museum of Fine Arts, Boston Program for people living with memory loss.

You are invited to a Virtual Wednesday tour of the Museum of Fine Arts for people with memory loss and their care partners. If you would like to register or for more information email access@mfa.org

MGH Dementia Care Collaborative | 55 Fruit Street, Austen 600, Boston, MA 02114

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